



Stop Smoking For Life

Offered by the Frederick County Health Department
350 Montevue Lane, Entrance D, Room 2-139

FREE Smoking Cessation Classes

AM Session: Oct. 31 – Dec. 12

Wed 10:30 am – 11:30 am

PM Session: Oct. 31 – Dec. 12

Wed 3:00 – 4:00 pm

Topics covered include:

- ⊗ Nicotine Addiction
- ⊗ Preparing to Quit
- ⊗ Coping with Withdrawal
- ⊗ Dealing with Stress
- ⊗ Relapse Prevention

FREE NICOTINE PATCHES OR GUM

(Physician consent is required)

Those Who Have Quit and Need
Support Staying Tobacco Free
Are Welcome to Attend!

To register call:

301.600.1755

or

301.600.3437